

Drop Zone 50

Golden Partnership 1955 - 2005

Friday, Aug. 12, 2005

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SCOREBOARD

(As of Tuesday)

Target flying hours: 368
Actual flying hours: 393
Days behind: 4.3
Target mission events: 202
Actual mission events: 245

Student production	Students behind	Percent production
Pilot: 66/68	2	97%
Navigator: 18/18	0	100%
Engineer: 21/21	0	100%
Loadmaster: 37/45	8	82%

AEF UPDATE

Deployed personnel
AETC: 356
AMC: 250
Total: 606



Photo by Senior Airman Vanessa Valentine

(From left) Airman 1st Class Joshua Smith, Maj. Bruce Wood, 1st Lt. Leslie Torres, Senior Airman Alex O'Donnell, Airman 1st Class John Perez, 2nd Lt. Craig Lawrence and Maj. John Steckbeck break the ribbon at the new Warfit track grand opening Wednesday. The new, Olympic-size Warfit track is open to runners with eight lanes made of shredded rubber. Landscaping around the quarter-mile track is new and should be avoided. Future projects include the resurfacing of the jogging path around the track, which can be used by walkers. Construction in the area will continue and safety should be paramount for all using the facilities. Airmen participating in Air Force physical fitness tests have priority over others using the track. A soccer and football field will open for play in the middle of the track in spring.

MDG unveils new facilities

By Airman 1st Class Tim Bazar
Staff writer

Officials cut the ribbon on the new \$4.7 million renovation to the 314th Medical Group clinic Wednesday, officially opening the doors after two and a half years of construction.

The facilities will house several new flights including public health, flight medicine, bioenvironmental, women's health, readiness, drug abuse prevention and assistance and optometry.

Even though the new offices will have some state-of-the-art features, like plasma screen monitors and fiber optic lighting, the best thing about the renovation is the end result, said 2nd Lt. Craig

Lawrence, 314th MDG Medical Logistics Flight commander and renovation project officer.

"With all the moves into the new facility, several spaces will free up to make room for more medical flights that were previously spread out," said Lieutenant Lawrence. "This will really streamline the way we work together and share information. But, what's better is that we'll be able to respond more efficiently in an emergency."

Although several offices are simply moving from one location in the medical group to another, the training and education, bioenvironmental, drug abuse prevention and assistance, and family advocacy flights will join the 314th

MDG under the same roof.

"Having some of these flights closer together is key to ensuring we're as efficient as possible," said Lieutenant Lawrence. "And since we finished two months ahead of schedule, we can begin work on moving the command section."

With the completion of the renovation, officials are hoping to begin the \$3.2-million Phase II soon.

"We were really focused on finishing Phase I so we could begin working on the command section and family practice area," said Kent Lingo, 314th Civil Engineer Squadron quality assurance. "It was a lot of hard work, but it looks great and it's going to make a lot of folks happy."

"Leadership"

– Love, Grandma Sandi

Lt. Col. John W. Powers III
314th Medical Support Squadron
commander

Our wing leadership recently participated in a professional development seminar titled "The 21 Irrefutable Laws on Leadership." I've been afforded the opportunity to participate in a variety of these types of development seminars over the years, and I believe each and every one has contributed to making me a better leader.

With that said, rarely does the light bulb go off and I walk away with all the answers. It's typically more incremental in nature, it reminds me of going to church. I listen to the homily or sermon and it makes me think. A little introspection later and hopefully I realize where there are opportunities to shore up some of my weaknesses and in the end improve.

With all these lessons and exposure to some exceptional military leaders, I feel that I have a pretty good understanding for what it takes to be a good leader. I'm a highly trained Air Force health care executive and leader. Life has a funny way of bringing you back to reality every time you begin to be-

Successful leadership begins and ends with your relationships with people – no more, no less!

come a little too enamored with yourself. It wasn't too long ago when I received my dose of reality. I had just pinned on lieutenant colonel, been selected to be a squadron commander, had my change of command and heard all these great things about me. I guess it's natural to tend to listen to all those things, throw your head back a little, walk taller, get a chip on your shoulder ... all those things must be true, right? Not so fast.

My mother, known as Grandma Sandi by a huge contingent in Columbia, Mo., attended my change of command in January. Later that same month she died somewhat unexpectedly. Fortu-

nately, I was by her side when she passed, but it wasn't until her memorial service that I realized my mom, was an exceptional leader. How could that be? She had a high school degree with no other formal education and didn't begin working until my sister and I were teenagers – so she had devoted her life to raising her children and never made more than \$20,000 a year as a cashier at the University of Missouri. In my mind, not the prototypical leader I envisioned. I'm thinking colonel, chief, chief executive officer, quarterback, noncommissioned officer, commander, etc.

The funeral home asked my sister and I how many people would attend the memorial service, so they could plan accordingly. We had no idea, but thought a small group, the typical family and a few close friends would attend. We were overwhelmed at the service, people were lined up through the chapel for two hours prior to the memorial service and relayed stories about how she had touched their lives in such a positive way. That blew me away. How

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Drop Zone

How to reach us

1250 Thomas Ave.,
Ste. 160,
Little Rock AFB,
AR, 72099
Phone: 501-987-5855
Fax: 501-987-6978
E-mail: dropzone@
littlerock.af.mil

Deadline

Noon Fridays. Submit articles on diskette or through e-mail.

Editorial staff

Brig. Gen. Joseph Reheiser
314th AW Commander
Capt. David Faggard
Chief of Public Affairs
Tech. Sgt. Arlo Taylor
Chief of Internal Information
Staff Sgt. Beth Orlen
Editor
Airman 1st Class Tim Bazar
Staff Writer
Senior Airman Vanessa Valentine
Photographer
Ms. Kim Christ
Contract Assistant

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987-6746

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The Action Line is your direct line to me. Use it if you have questions or comments about Little Rock Air Force Base, which couldn't be resolved by your chain of command or base agencies.

When you call, please leave your name and phone number so you can be reached if more information is needed.

– **Brig. Gen. Joseph Reheiser**
314th Airlift Wing commander



U.S. Air Force photo

DUI CHECK

(As of Wednesday)

A 314th AMXS airman first class was apprehended off base July 23 with a blood alcohol content of .12.

AADD

987-AADD (2233)

AADD saves this year: 90



Rumor: *Are the contract security officers or security forces authorized to conduct 100 percent identification checks for every person entering the gate and what is the procedure if my family members do not have their IDs?*

Truth: The guards of our gates are required to conduct 100 percent identification checks of all inbound vehicle drivers and passengers during increased Force Protection Conditions, random antiterrorism measures or when directed by the flight chief or higher authority. If your family members are with you when

entering the gate and they are under the age of 18 you may vouch for them and no visitor pass is required. Family members over the age of 18 and all other guests are required to obtain a visitor pass at the Vandenberg Gate.

Once in the gate, individuals with visitor passes must be escorted at all times by an ID card holder except when they receive a base pass granting them unescorted authorization. Then they will be allowed to proceed alone to authorized locations within the installation. This pass must be carried at all times as it verifies the informa-

tion as well as the sponsor.

The sponsor is responsible for the actions and whereabouts of their guest while on the installation. Normally the pass is only good for as long as it is needed for the visit.

The visitor's center can issue a pass for up to 30 days, the pass and identification office can issue a pass up to 90 days and any passes for more than 90 days require a letter from the sponsor's commander or first sergeant.

If you have a rumor, email truthorrumor@littlerock.af.mil.

Leadership

Continued from page 2

could my mom have had such a profound impact on that many people? The service in the chapel was standing room only and was an unbelievable celebration of her life.

I heard how she nurtured the sick, dying and, in general, those going through a life crises. She was always there, not just for her friends, but friends of a friend. The entire University of Missouri football team honored her. I learned how shortly after she started her job as a cashier at the University, a big Missouri Tiger basketball fan and son of a friend of hers, was suffering from cancer. The new cashier, Grandma Sandi, approached the school's big-time college basketball coach, Norm Stewart, and persuaded him to autograph a basketball. All this was a shock to me; I always thought her kids, grandkids and family were her life. They were, but she had a

much larger family than I ever knew. Basically her family consisted of anyone she ever met.

Now your wondering why I'm writing about my mom and trying to make the connection to leadership. It all boils down to people. Leadership is all about people. You can't lead programs, iron or facilities. As the 314th Medical Support Squadron commander, I'm responsible for the pharmacy, budget, lab, readiness, logistics, radiology, TRICARE, commander's support staff and facility management among other things. Lots of stuff and programs, but more importantly people. Without the people there is nothing to lead.

Grandma Sandi understood that. From her small apartment with her 15-year-old car and her humble job, she led people – everyone she came in contact with. How'd she do it? She never met a stranger. In two minutes she'd know more about a person than some us would ever learn. She sincerely cared, would pour herself into a

cause and basically was the consummate servant leader. I don't recall her ever speaking a cross word about others.

The personal touch was her forte; whether it was manners or a handwritten note signed "Love, Grandma Sandi," she knew what people needed. My mom proved that leadership is not a rank, a position or a status – it's all about "people!"

Attending leadership training will help you hone and develop your leadership skills, but it will not make you an effective leader. Just as being a colonel, chief, CEO, quarterback, NCO, or commander doesn't make you an effective leader. Successful leadership begins and ends with your relationships with people – no more, no less.

I regret I didn't realize the leadership traits and lessons that were happening under my nose throughout my life, until it was too late. I only wish I could see another "Love, Grandma Sandi" handwritten note at the right place and the right time to boost someone to new heights.



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National Research Institute

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Photo by Senior Airman Vanessa Valentine
Jeanie Hutchison and Devin Brown, daughter and son of Brenda and Army Sgt. Kenny Hutchison, 39th Brigade, Detachment 1, shop for art supplies while back-to-school shopping at the Base Exchange Monday. Local public schools begin Aug. 19.

SALUTES

Congratulations to the following First Term Airmen Center graduates:

- **314th Aircraft Maintenance Squadron:** Airman Raymond Borroto
- **314th Communications Squadron:** Airmen 1st Class Branden Bennett and Dwight Hickson
- **314th Logistics Readiness Squadron:** Airman 1st Class Corey Herbert

- **314th Maintenance Squadron:** Airman 1st Class Stephen Candelaria and Airman Zenon Torres
- **314th Medical Operations Squadron:** Airman Amy Hutchinson
- **463rd Aircraft Maintenance Squadron:** Airman 1st Class John Powell
- **463rd Operations Support Squadron:** Airman Elliot Fox

NEWS BRIEFS

Retirements announced

- The retirement ceremony for Tech. Sgt. Gregory Call, 463rd Operations Support Squadron, is 2 p.m. today in Bldg. 380. For more information, call 987-3614.
- The retirement ceremony for Senior Master Sgt. Richard Meyer, 29th Weapons Squadron, is 3 p.m. Aug. 31 in Bldg. 288. For more information, call 987-6662.

LRS customer service available

The 314th Logistics Readiness Squadron Customer Service Flight is the central point for DRMO withdrawals, zero-overpricing challenges and general supply concerns. For more information, call 987-6620 or 987-5895. For after hours support, call 987-6734.

CaRE registration Saturday-Sunday

Registration for the Catholic Religious Education program is Saturday and Sunday after Mass. For more information, call 987-6014.

AFSA meeting Thursday

The Air Force Sergeants Association meeting is 1 p.m. Thursday at J.R. Rockers. For more information, call Tech. Sgt. Lester Gaither at 987-6604.

OSC holds ice cream social Aug. 23

The Officers' Spouses' Club is holding an ice cream social and welcoming event at 6:30 p.m. Aug. 23 at the conference center. Members of the OSC will be on-hand to introduce themselves and meet prospective members. Information on other base clubs will also be available. Reservations are requested, but not required, by 5 p.m. Thursday. To RSVP, call 412-6868.

AARP driving course Saturday

An American Association of Retired Persons drivers training course is 8 a.m. Saturday at Bldg. 1255. Anyone 50 years of age and older can attend. Seats are limited. To register or for more information, call 987-6095.

Tuskegee Airmen meet Aug. 25

A Tuskegee Airmen Chapter Meeting is scheduled for 3 p.m. Aug. 25 at the Thomas Community Activities Center. For more information, call Tech. Sgt. Stevie Enlow at 987-6360.

SGLI increases to \$400,000 Sept. 1

Servicemembers Group Life Insurance policyholders will see an increase to \$400,000 on their SGLI coverage Sept. 1 unless they opt out. For more information, call 987-6831.

EQUAL overseas listings available

The Enlisted Quarterly Assignment Listing for overseas requirements for April-June 2006 is available. Assignment preferences should be updated through the military personnel flight, commander's support staff or PERSCO representative no later than Thursday. Airmen are notified of their selection before Sept. 15. For more information or to view the listings, visit <https://afas.afpc.randolph.mil/amsweb/master.cfm> or the MPF 987-6831.

Nonappropriated-fund jobs available

The following nonappropriated-fund jobs are available: Lodging – custodial worker, NA-02; Golf course – Recreation aid, NF-I. For more information, call 987-6440.

Guatemalan school benefits from Arkansas Guard's generosity

By Tech. Sgt. Bob Oldham

189th Airlift Wing Public Affairs

GUATEMALA CITY – As children start back to school in the United States, children here are already in class and one school is a little bit better off thanks to a group of philanthropic Arkansans.

Members of Arkansas' delegation, led by Maj. Gen. Don C. Morrow, the state's adjutant general; and Brig. Gen. Galen Bryant, the Arkansas Air National Guard commander; donated school supplies and American foam footballs Aug. 5 to a needy school in Jutiapa built by Americans in 2004. Jutiapa is a 45-minute helicopter ride southeast of the nation's capitol.

"That was a real highlight, the trip to the school," said General Morrow.

He said it warmed his heart to see 140-plus students in the school, which he estimated to be 40 feet wide by 120 feet long.

The previous school looked like a building someone might keep goats in, with a leaky roof and holes in the walls, according to an American Embassy official.

"I'd like to thank the North Little Rock Chamber of Commerce, Arkansas' Hispanic community and members of the Arkansas Army and Air National Guard for their selfless contributions of school supplies," General Morrow said.

School officials, parents and students were ecstatic about the donation.

"All the supplies given would never have been received from Guatemala," a school spokesman said through an interpreter. "This is going to be of great help, including the balls because we don't have any sports."

The school has four classrooms: one

for pre-school age children, one for first graders, one for second and third graders, and one for fourth, fifth and sixth graders.

The average Guatemalan child won't go past the third grade because they're usually needed around the home to help raise food or take care of the family. Families simply can't afford the missing labor of a child in school. Typically, only children whose parents can afford the missing labor move up the school ladder.

The average Guatemalan lives on about \$1 a day, according to embassy officials.

A U.S. Southern Command program, New Horizons for Guard civil engineers and medical teams to deploy to Jutiapa and help



Photo by Army National Guard Sgt. Maj. Ed Lyons

Maj. Gen. Don C. Morrow, Arkansas adjutant general, delivered five boxes of school supplies to a Guatemalan school in Jutiapa Aug. 5. The school's 140 students were excited to receive Spanish language books, Crayons, paper, glue, rulers and other school items.

a good neighbor that cares about the people of Guatemala," he said.

Capt. Tracy Saucy, the state's partnership program coordinator, said she plans to apply for rotations in 2007 for 189th Airlift Wing civil engineers and medical teams to deploy to Guatemala and further strengthen the partnership relationship.

Guatemala's partnership with the state of Arkansas via the National Guard Bureau's State Partnership Program was established in 2002. To date, 43 states, two territories, and the District of Columbia are partnered with 49 countries around the world.

While the program is run by the National Guard, it isn't just a military-to-military relationship, according to Captain Saucy.

She said in the past, visits have in-

cluded the Arkansas Department of Emergency Management and state police among others.

In March, a delegation from Guatemala visited Arkansas and the state's highway department to learn how it operates roadside assistance trucks and crews. Guatemala was interested in starting a similar program to assist broken down vehicles.

"On this trip, we observed a Guatemalan roadside assistance vehicle helping a stranded motorist," said General Morrow.

The ideas they learned in Arkansas on their visit were implemented and operational within five months here.

(Arkansas Army National Guard Sgt. Maj. Ed Lyons contributed to this article.)

BY THE NUMBERS

- 14.6 million people live in Guatemala
- 75 percent live below the poverty line
- 4,871 kilometers of paved roads
- 9,247 kilometers of unpaved roads

easier.

"I think they're enormously effective at showing a United States that's

Chief of staff touts dedication of Airmen

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON — The Air Force's top-ranked officer first donned a flight suit more than 39 years ago — before 83 percent of active-duty Airmen had even been born.

Air Force Chief of Staff Gen. John P. Jumper has seen a lot of changes during his time in uniform, but he said one thing remains the same — the dedication of Airmen to the job they are sworn to do.

"The thing that marked my generation in Vietnam is that we all did our duty," he said. "We answered the call, we did what our nation asked us to do, and we were all very dedicated to what we were doing. If you look at this generation of Airmen we have today, it is the same thing. They are every bit as committed and patriotic

as you want them to be."

Though the dedication of Airmen to their mission has not changed over the years, General Jumper said the Air Force mission itself has changed dramatically.

"We have gone from the days (where) we were prepared to deal with Cold War dynamics — to deploy over to Europe or the Pacific and prepare for the great monolithic war against the Warsaw Pact — and made a shift into a world where you don't know what is coming next," he said.

That change in mission and focus forced the Air Force to adapt the way it does business, to develop into a force that is leaner, more flexible and more responsive. That new way of doing business, embodied in the air and space expeditionary force concept, was adopted quickly by the Air Force

and has changed the Air Force in big ways.

"To be able to project our force into an AEF force, to be able to deal with contingencies on a rotational basis, to be able to surge our AEF to deal with something like Operation Iraqi Freedom — all of these things are remarkable transitions to the kind of agility we never had when I was a young captain," General Jumper said. "It shows us we do have the strength to change our culture and stay the best Air Force on the planet."

That transition to a more agile and responsive force has put new demands on the Airmen who do the mission.

"We have asked all Airmen to be expeditionary Airmen now," he said. "That's a lot different than spending your career at Holloman Air Force Base (N.M.) or MacDill AFB (Fla.).

Expeditionary Airmen have to be able to live in an expeditionary setting. They have to be able to defend the airfield and generate sorties or do their job in the face of mortar attacks or the face of fire, and we have to be able to fall in with the other services to do our job."

Airmen have changed the way they work to adapt to an Air Force that has changed its mission in response to a changed world. But one thing about Airmen remains as true today as it did when General Jumper became an Airman — their dedication to whatever mission it is they are asked to do.

"The longer you are around, you realize that every generation has more in common than they don't have in common," he said.

197 new staff sergeants selected

Congratulations to the following staff sergeant selectees:

314th Maintenance Group: La Doris Hughey

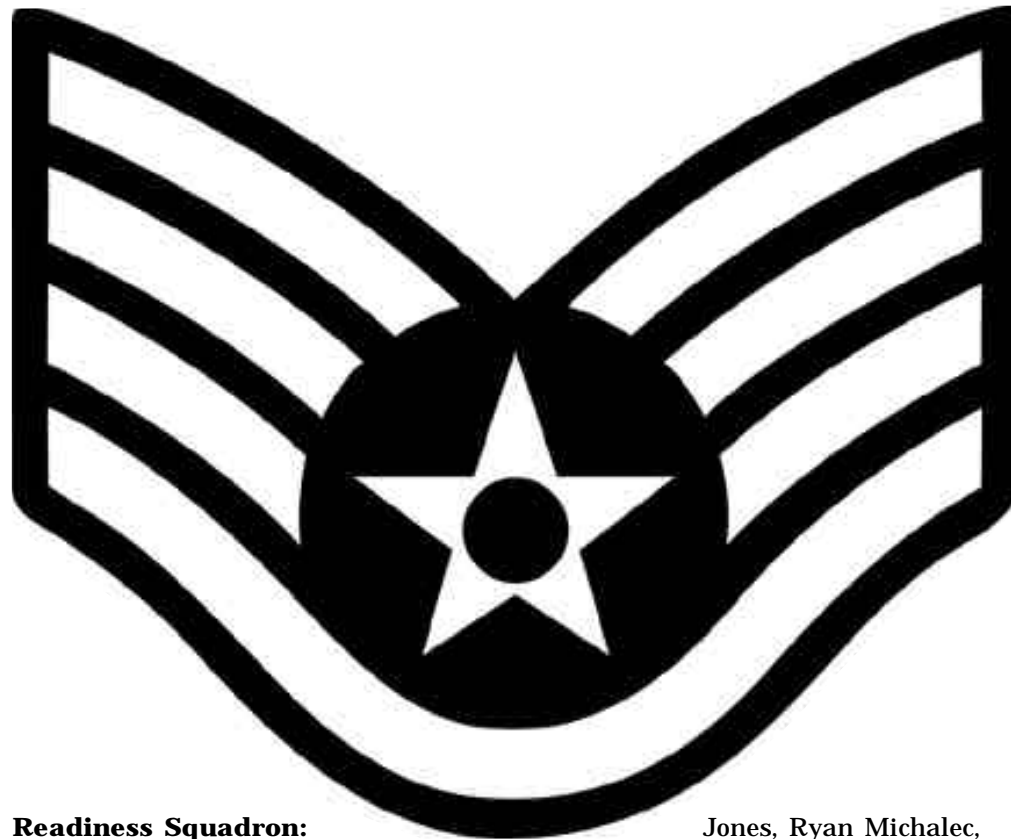
314th Aircraft Maintenance Squadron:

Justin Ayers, Nicholas Baker, Jacob Becker, Detrick Bell, Ryan Bonebrake, Joseph Breton, Matthew Henry, Lionel Bunten, Matthew Carlson, Ronald Cockrill, Michael Coleman, Ronald Davis, Thomas Ellsworth, Jacob Erskin, Michael Estebar, Chad Everhardt, Jeffrey Greenwood, Jeffery Hampton, Tyler Hansen, Matthew Henry, Lynell Hopson, Eric Jancaitis, Leif Kuester, Jordan Leonard, Levi Lunde, Milton Munro, Brian Nelson, Billy Rady II, Michael Ruiz, Jeremiah Schlup, Christopher Spinelli, Peter Townsend, Eduardo Velarde, Joseph Velazquez, Andrew Walker and Christopher Young

314th Civil Engineer Squadron: Larry Brown, John Cason, Dedrick Elder, Matthew Eppinger, Dean Gimm, Leopoldo Herrerra, Kevin Holliday, Lamont Jones, Carlton McPherson, Benjamin Morin, Scottie Murray and Phillip Washburn

314th Communications Squadron: Jonathan Blackstock, Ian Getz, William Glass, Steven Jarvis Jr., Dewey Landers II, Charles Masters, Robert Mayo, Derek Miller, Janine White and Dwayne Williams

314th Logistics



Readiness Squadron:

Morgan Abner, Michael Adams, Paul Bersabe, Matthew Boyd, Carlus Brown, Jeffrey Byrd, Aaron Cummings, David Davis, Pauline Dott, Jorge Fernandez, Gregory Fifer, Theresa Gray, Jennifer Kellner, Erica Limas, James Loveland, Christopher Maxwell, John McDaniel, Ryan Mince, Tajuana Munnerlyn, Nicholas Noonan, Rena Odom, Andrew Prowant, Andrew Sandekian, Tamika Sanford, Michael Street, Tyler Sutton, Rebecca Teague, Byron Williams and Aaron Wilson

314th Medical Operations Squadron: Lynn Bradshaw, Amy Ford, Shunrie Geldore, Heather Groom, Kimberly Lawrence and Jeremiah Lewis

314th Medical Sup-

port Squadron: Jeremy Delorenzo, Heather Groom, Josie Maple and Amanda Peters

314th Maintenance Operations Squadron: George Bank and Velasquez Diaz

314th Mission Support Squadron: Tracy Jackson

314th Maintenance Squadron: Michael Battles, Jason Bonnette, Michael Boyll, Joshua Bradford, Adele Brewer, Christopher Cotnoir, Eric Courtemanche, Jeremy Curtis, Ganiece Duhaime, Thomas Duvall, Galen Evans, Dale Franklin, David Garner, Tremella Green, Jacob Griffin, Nickolas Hansen, Jeffrey Hartlein, Joshua Henry, Andres Jimenez, Roderick Johnson, Heath

Jones, Ryan Michalec, Marcus Miller, Michael Murphy, Rogelio Perez, Gregory Redmon, Mandel Savoy, Corey Thomas, John Tompkins, Lance Urey, Charles Washington, Andrew Wester and Ryan Whiteaker

314th Operations Support Squadron: Jesse Evans, Johnathan Hughes, Alicia King, Timothy Launius and Chase Oyler

314th Security Forces Squadron: Kathleen Delaine, Leo Delaine, Bryan Graham, Megan Harper, Jennifer Kitchen, Jeremy Ramsey and Clint Wright

314th Services Squadron: Peaches Parker

348th Recruiting Squadron: Peter Knapp and Jason Crawford

373rd Training

Squadron: Sherwood Reynolds

53rd Airlift

Squadron: Casey Poynor and Jonathan Pratt

62nd Airlift

Squadron: Sabrina Barrientos

463rd Airlift Group: Natasha Butler

463rd Aircraft Maintenance Squadron:

Justin Baker, Frank Basile, William Buffington, Donna Carter, Galloza Crespo, Eric Crigler, Matthew Furtick, Johnathan Gossett, Rodger Griffin, Joshua Grover, Daniel Hash, Christopher Kaker, Samuel Kendall, William Lauland, Justin Lebo, Kristopher Lehrke, Christopher Lewis, Justin McBroom, Keith Pearce, Matthew Pelkey, Joseph Petty, Elliot Poole, Amy Teague, Timothy Terhune, Christopher Thompson, Mikel Trejo, Zachary Welsh, Justin Wilder and Donald Willett

463rd Maintenance Operations Squadron: Elena Courtemanche, Ramiro Gonzalez II and David Laris

463rd Operations Support Squadron: Shena Blackstock, Matthew Hallmark, Irma Nollette and Parker Peterson

50th Airlift Squadron: Michael Eller, Michael Luetgers, Daniel Maslowski and Joshua Woody

61st Airlift Squadron: William Borges and James Veri-good

WORD ON THE STREET

'What's the best thing about going back to school?'



Senior Airman Hui Bradley,
314th Mission Support
Squadron

*"I like seeing the
diversity."*



Nicholas Harsson,
family member

*"Getting to see my friends
again."*



Caleb Weaver,
family member

*"Seeing all my
friends again."*



Senior Airman Janine White,
314th Communication
Squadron

*"The idea of meeting new
people and seeing what
challenges I may encounter
during the new semester"*

Photos by Airman 1st Class Eunike Stevens and Senior Airman Vanessa Valentine

**SAFETY
ROLL CALL****Ground safety:****Back to School -**

Base students will have a longer walk to school due to the fence around the housing construction program. Drivers should use caution at the Arkansas and Texas Boulevard intersections on Arnold Drive.

Flight safety:**Mission planning -
Deer Watch Conditions**

Aircrews are reminded to be alert in Deer Watch Condition restrictions.

All in a day's work:

POL answers call when fuel bladder ruptures

By Senior Airman Tim Beckham

332nd AEW Public Affairs

SOUTHWEST ASIA – One hundred and sixty-three thousand gallons.

That's the amount of fuel that was nearly compromised July 24, when a 24-inch seam ruptured on a jet-fuel bladder here. What could have been a major problem instead became a terrific story of teamwork and perseverance.

"It wasn't an operational error," said Tech. Sgt. Richard Lane, non-commissioned officer in charge of fuel operations from the 332nd Expeditionary Logistics Readiness fuels management flight. "The split in the seam was merely a defect," he assured.

The Airmen, or POLs, as they like to be referred to, which stands for petroleum, oils and lubricants, gave this story a happy ending when they stepped up to the challenge at hand.

"Our guys worked for 48 hours straight to contain the situation," said Master Sgt. Mark Rosati, fuels manager and 314th Logistics Readiness Squadron member. "First we had to transfer the fuel through a filter and then send it to a new bladder."

The 26-person POL shop, which is made up of active-duty Airmen from Little Rock Air Force Base, Ark., and Shaw AFB, S.C., didn't handle the situation alone.

"The base fire department was on site standing by in case anything went wrong," said Sergeant Rosati.

"We also had volunteers from all over base helping to install the new bladder," added Tech. Sgt. Jereld Dority, 314th LRS member deployed as NCOIC of the fuels information services center.

Thanks to the team effort, the fuel was recovered and disaster was averted.



Photo by Senior Airman Tim Beckham

(Back) Staff Sgt. Steven Caselli, 332nd Expeditionary Logistics Readiness Squadron fuels laboratory technician, and Staff Sgt. Lihn Phan, 314th Logistics Readiness Squadron, transfer AVGAS from 53-gallon barrels to fuel trucks July 28.

"We recovered 100 percent of the fuel and there was no impact to the mission or environment," said Sergeant Rosati.

When the Airmen of the fuels flight here aren't fixing torn fuel bladders, they're simply fueling Balad.

"We fuel every aircraft that comes in and goes out of Balad," said Sergeant Lane.

Not only do the fuels flight members keep the aircraft here fueled, but they do it in record time.

Sergeant Rosati also said that even though their mission has nearly doubled since his rotation began, the fuels flight has managed to keep that response time consistent.

The fuels flight here handles every aspect of POL.

"We order it, store it, test it and even clean it," said Sergeant Lane.

Not only does the fuels flight do all that, but it also acts as a hub for aviation gasoline, which is used strictly for unmanned aerial vehicles.

"AVGAS is a higher octane fuel and it burns very, very clean," said Sergeant Rosati. "It's (AVGAS) used primarily for the Predators and the Army's UAVs."

The fuels flight is also responsible for filling and storing all the liquid oxygen and liquid nitrogen tanks.

"The liquid oxygen tanks are used to fill the breathing devices

the F-16 pilots use," said Staff Sgt. Lihn Phan, 314th LRS member deployed as NCOIC of fuels storage.

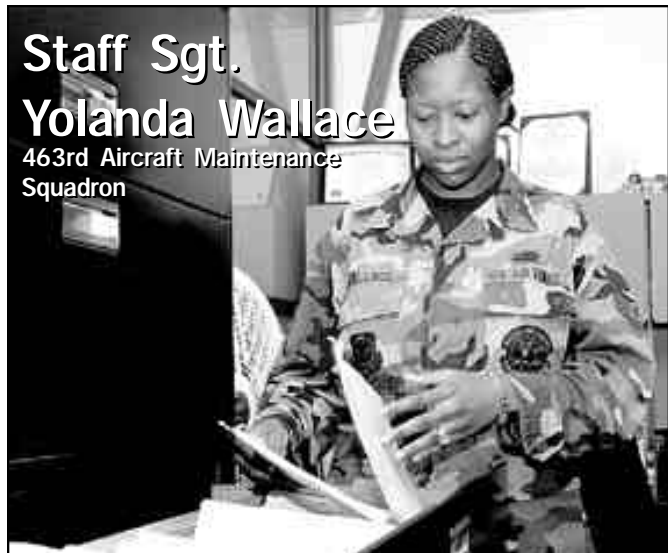
POL does many things on base and is an important part in the mission here, but their main purpose is to support Balad's flying missions.

"Our overall mission here is to provide clean, dry, serviceable fuel on time, all the time," said Sergeant Rosati. "I think Mr. Jack Lavin, who is considered the godfather of fuel, said it best when he said 'don't contaminate it, don't spill it and don't ever, ever run out of it.' POL is truly the un-sung hero on the flight line."

Around the Rock

Name: Staff Sgt. Yolanda Wallace
Squadron: 463rd Aircraft Maintenance Squadron
Air Force Job Title: Commander Support Staff noncommissioned officer in charge
What does your job entail: Reviewing enlisted and officer performance reports, making updates in PCIII and using the Defense Travel System
The best part of my job is: Helping people
Time in service: Seven years, 11 months
Time at Little Rock Air Force Base: Three years
What advice would you give new Airmen: Take advantage of their edu-

cation benefits
What is your favorite thing to do in Little Rock: Spending time with family and friends
My goal is: To get my bachelor's degree
My dream assignment: Italy
My hero is: My mother
My best asset: Personality
My pet peeve: Lazy people
My greatest fear: Not being able to help others
Favorite movie: "The Color Purple"
Favorite band: Mary Mary
Why I joined the Air Force: To get an education
One word to sum me up: Kind



Staff Sgt.
Yolanda Wallace
463rd Aircraft Maintenance Squadron

Photo by Airman 1st Class Eunique Støens

Staff Sgt. Yolanda Wallace, 463rd Aircraft Maintenance Squadron, files records in the 463rd AMXS orderly room Aug. 5.

50 years and still rockin'

August 1955 begins flurry of activity on base

By Master Sgt.
Devin Driskell

314th Airlift Wing historian

Fifty years ago, final preparations for the opening of Little Rock Air Force Base were being made. The month of August kicked off with the activation of the 384th Bombardment Wing and 825th Air Division on base. The 384th joined the 70th Strategic Reconnaissance Wing, which

had its headquarters activated here the previous February. The 825th was organized to manage these two Strategic Air Command wings.

The base was by no means ready to handle its mission yet, as the runway was not to be open to air traffic until Sept. 10. Further, construction of support facilities was still in high gear, and the infrastructure couldn't really be called ready until

the Capehart housing project was completed nearly four years later. Still, the units activated, and the base was just two months away from its official opening.

The 70th headquarters had been a ghost town at Little Rock all year. The unit's activities were significant, but the aircraft and personnel were staging at Lockbourne AFB, Ohio, waiting for the move to their new home.

The 384th didn't even have that advantage. They essentially had no airplanes, and their aircrews were pipeline students. Unlike the 70th, the 384th was to truly start from square one, and their upcoming ascension to combat-ready status in less than a year is a story in and of itself. In the



Brig. Gen. Joseph Preston receives his new hat from his wife on his promotion to brigadier general. General Preston commanded the 825th Air Division from Aug. 1, 1955 through July 9, 1959.

summer of 1955 however, the unit was a skeleton.

See 50th, page 12

50th

Continued from page 20

Col. (soon to be Brig. Gen.) Joseph J. Preston assumed command of the 825th, while Col. Joe R. Williams took command of the Air Base Group. This was at a time when the "base commander" was technically the commander of the support function, and Colonel Preston focused solely on operations.

The initial morning report for Aug. 1 showed 240 personnel on base assigned to the base between the air division and the two wings. In the coming months, this number would quickly swell into the thousands.

Most construction projects were 30-60 days behind schedule, but the date for the opening of the base had continued to move forward. Oct. 9 was the latest planned date for the dedication, and the date would be kept.

Maj. James Vogler was appointed the project officer for the grand opening, which was scheduled to be a full-fledged "open house." Fifty years later, Maj. Timothy Stong of the 53rd Airlift Squadron has been appointed the project officer for the 50th anniversary air show. The first event was a tremendous success and saw 85,000 visitors. This year, the 50th anniversary celebration will see far more.

Vehicle tidbits

Did you know ...

Did you know unit commanders may suspend or revoke operator's government vehicle driving privileges?

Suspension or revocation could be caused due to an accident, evidence of abuse or misuse, moving violations, or a display of poor judgment or behavior.

Air Force Instruction 24-301 4.11.4

(A reminder from vehicle management)

Celebrating children

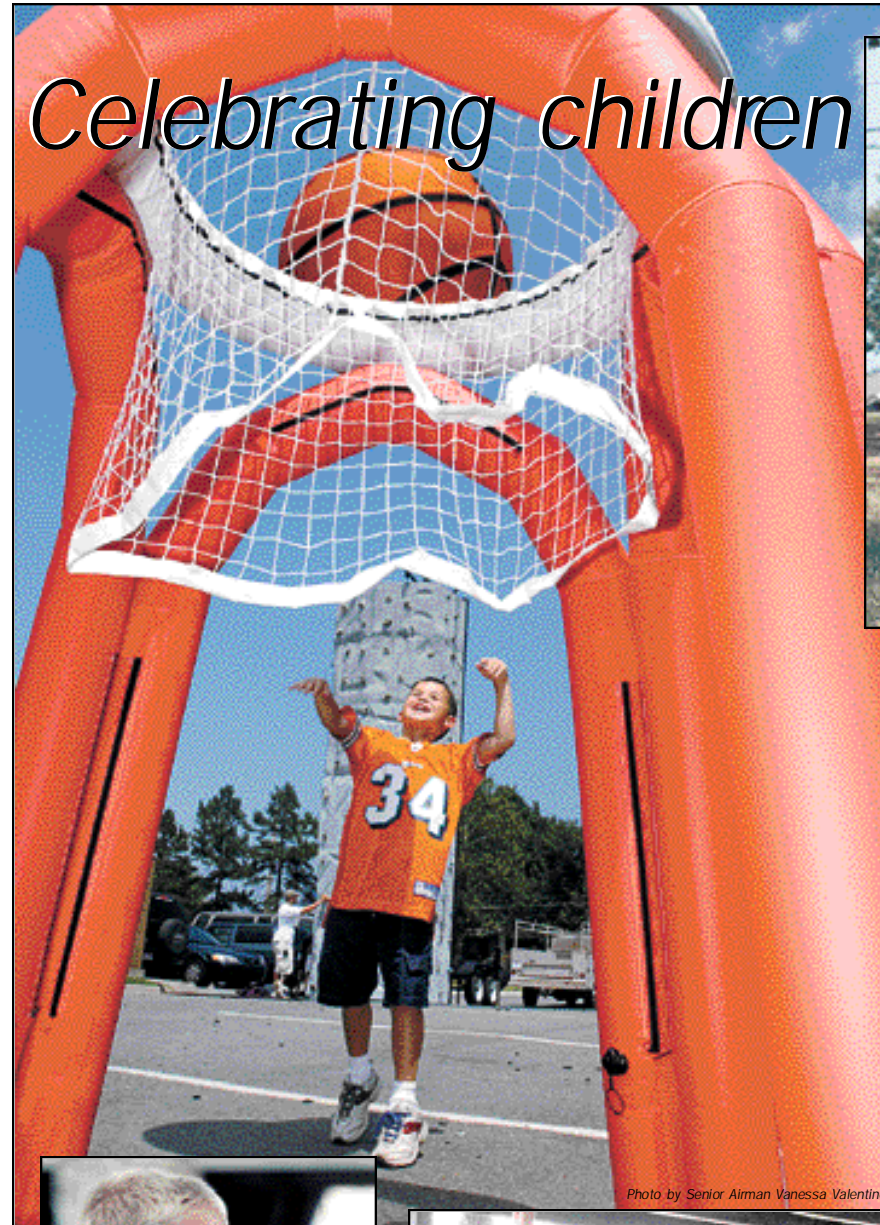


Photo by Senior Airman Vanessa Valentine



Photo by Senior Airman Vanessa Valentine

(Above) Kayla and her brother Benny Sowden, children of Gloria and Tech. Sgt. Michael Sowden, 61st Airlift Squadron, compete in a sack race at the National Kids Day Sunday. The day's events included games, contests and sporting events for base youth. "This is one day that celebrates what kids do," said Leslie McLaughlin, 314th Services Squadron Youth Center teen coordinator.
(Left) Brice Marsh, nephew of Tech. Sgt. Jeff Marsh, 314th Communications Squadron, tosses a giant basketball into the net.



Photo by Senior Airman Vanessa Valentine

Anthony Rinaldi catches a water balloon thrown to him by his mom, Michelle, during the balloon toss.



Photo by 1st Lt. Jon Quinlan

Local rock band, After the Tragedy, performs for the crowd.



Photo by Senior Airman Vanessa Valentine

Justin Vinyard, son of Peggy and Staff Sgt. Michael Vinyard, 463rd Aircraft Maintenance Squadron, gets help from youth center volunteer Adam Hale at the ring toss.



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Sample products

LRAFB
SERVICES
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www.lrafbervices.org

Phone numbers and
hours of operation

Auto skills center	987-6803
Monday: 9 a.m.-3 p.m. by appointment	
Tuesday-Thursday: 9 a.m.-8 p.m.	
Friday: 9 a.m.-7 p.m.	
Saturday: 8 a.m.-7 p.m.	
Sunday: 10 a.m.-2 p.m.	
Bowling center	987-3338
Monday-Thursday: 10:30 a.m.-10 p.m.	
Friday: 10:30 a.m.-11 p.m.	
Saturday: 5-11 p.m.	
Sunday: Closed	
Child development center	987-6130
Monday-Friday: 6:30 a.m.-6 p.m.	
Deer Run Golf Course	987-6825
Daily: 7 a.m.-dusk	
Pro Shop: 7 a.m.-6 p.m.	
Duffer's Inn: 6:30 a.m.-4 p.m.	
Family childcare program	987-3156
Monday-Friday: 7:30 a.m.-4:30 p.m.	
Fitness and sports center	987-3283
Daily: 5 a.m.-midnight	
ITI	987-6921
Monday-Friday: 9 a.m.-4:30 p.m.	
J.R. Rockers	987-5555
Monday-Friday: 11 a.m.-1 p.m.	
Wednesday: 4 p.m.-midnight	
Friday: 4 p.m.-1 a.m.	
Library	987-6979
Monday-Thursday: 10 a.m.-8 p.m.	
Friday and Saturday: 10 a.m.-5 p.m.	
Sunday: Noon-5 p.m.	
Outdoor recreation	987-3365
Monday-Friday: 7:30 a.m.-5 p.m.	
Saturday: 8 a.m.-noon	
Sunday: Closed	
The Four Horsemen	987-5555
Wednesday and Thursday: 4-9 p.m.	
Friday: 4 p.m.-midnight	
Saturday: 4-9 p.m.	
Barber shop	988-2567
Monday-Friday: 8 a.m.-3 p.m.	
Props enlisted lounge	987-5555
Wednesday and Thursday: 4-9 p.m.	
Friday: 4 p.m.-midnight	
Saturday: 4-9 p.m.	
Razorback Cafe	987-6268
Monday-Friday: Breakfast 6-7:30 a.m.;	
Lunch 10:30 a.m.-1 p.m.; Dinner 4-6:30 p.m.	
Saturday, Sunday and holidays:	
Brunch: 8:30 a.m.-1 p.m.	
Razorback Inn (front desk)	988-1141
Monday-Sunday: 24 hours	
Thomas Comm. Activities Ctr.	987-6720
Wednesday-Thursday: 11 a.m.-9 p.m.	
Friday and Saturday: 11 a.m.-11 p.m.	
Sunday-Tuesday: Closed	
Wood skills center/frame shop	987-6504
Sunday and Monday: Closed	
Tuesday-Saturday: 9 a.m.-5 p.m.	
Youth center	987-6355
Monday-Friday: 6:30 a.m.-7:30 p.m.	
Saturday: 1-7:30 p.m.	
Sunday: Closed	



Base phone numbers

(Services numbers listed on back)

Action line, 314th AW	987-6746
Airman's Attic, Bldg. 830	987-6777
Barber shop, Bldg. 960, AAFES	988-1160
Base exchange, Bldg. 940, AAFES	988-1150
Base locator, Bldg. 988	987-6025
BXtra, Bldg. 960, AAFES	988-1072
Billeting front desk, Bldg. 1024, 314 SVS	987-6753
Billeting switchboard, Bldg. 1024, 314 SVS	988-1141
Burger King, Bldg. 789, AAFES	988-4412
Chaplain, Bldg. 950, 314 AW	987-6014
Chaplain, 314 AW (after hours)	987-3200
Class six/car care/shoppette, AAFES	988-2301
Clinic appointments, Bldg. 1090 (toll free) 800-557-6815	
Clinic appointments, Bldg. 1090,	987-8811
Clothing sales, Bldg. 988, 314 SVS	987-3250
Command post (24 hours), Bldg., 314 AW	987-3200
Commissary, Bldg. 790	987-3203
Conference center, Bldg. 1030, 314 SVS	987-8767
Consolidated club, Bldg. 1080, 314 SVS	987-5555
Credit union	982-1000
Crime stop, Bldg. 480, 314 SFS	987-6600
Dental clinic, Bldg. 1090, 314 MDG	987-7304
Family support center, Bldg. 668, 314 MSS	987-6801
Finance cust. service, Bldg. 1255, 314 CPTS	987-8294
Fire reporting, Bldg. 110, 314 CES	911
First-Term Amn's Ctr., Bldg. 710, 314 MSS	987-5905
Florist, Bldg. 960, AAFES	988-4537
Fraud/waste/abuse, Bldg. 480, 314 SFS	987-6116
Housing office, Bldg. 1995	987-7997
Laundry and cleaners, Bldg. 960, AAFES	983-1616
Legal office, Bldg. 1250, 314 AW	987-7886
Military mail room, Bldg. 864, 314 CS	987-3478
Gov't transportation, Bldg. 551, 314 LRS	987-6086
Optical shop, Bldg. 960, AAFES	988-2761
Pass and ID, Bldg. 1255, 314 MSS	987-6831
Popeye's Chicken, AAFES	988-1374
Post office, Bldg. 966, 314 SVS	987-3695
Public affairs, Bldg. 1250, 314 AW	987-3601
Saddle club, 314 SVS	987-3762
Security forces, Bldg. 480, 314 SFS	987-3221
Sexual assault hotline, Bldg. 1250	987-7272
Shoppette, base lake, AAFES	988-4841
Shoppette, Class Six, AAFES	988-2301
Theater, Bldg. 461, AAFES	987-6461
Thrift shop, Bldg. 960, 314 SVS	988-1191
Ticket and tours, Bldg. 868, 314 SVS	987-6921
Transient barracks CQ, Bldg. 1024, 314 SVS	987-6753
Vehicle registration, Bldg. 1255, 314 SFS	987-6338

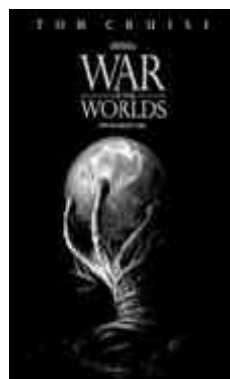
Other phone numbers



AAFES movies – 987-6461

Price: \$3.50 adults, \$1.75 children

"War of the Worlds"



Today 7 p.m.; PG-13

Ray, who couldn't be more out of touch with his estranged family, experiences the unthinkable and unexpected when alien intruders attempt to destroy Earth.

"Rebound"



Sat. 5 p.m.; PG

Coach Roy, once basketball's top mastermind, is now caught up in endorsements – not games. After his temper gets him banned from college ball, he receives only one coaching offer – at a junior high.

"Dark Water"



Sat. 7:15 p.m.; PG-13

Dahlia is starting a new life with her daughter in a new apartment and a new job. But as things begin to settle, her apartment seems to take on a life of its own – noises, leaky dark water and mind games.

Around Arkansas

- Saturday-Sunday – Arkansas Paper and Book Show opens at 9 a.m. Saturday and 10 a.m. Sunday, at the Jacksonville Community Center. Cost is \$5 with a \$2 discount for military members, senior citizens, students and teachers. For details, call 336-9313.

- Tuesday – Miss Asian Arkansas Pageant 2005 is at the Philander Smith College, M.L. Harris Auditorium in Little Rock at 6 p.m. The contestants represent seven countries including India, Indonesia, Korea, Mongolia, Taiwan, Phillippines and Vietnam. For details, call 244-2490.

- Aug. 20 – The Sherman Park Day Community Fest is scheduled for 9:30 a.m.-6 p.m. in Little Rock. Everyone is invited to attend and admission is free. There will be a variety of activities for families including entertainment, a seminar on neighborhood leadership, exhibits featuring the Arkansas Children's Hospital Fire Safety House, the Arkansas Game and Fish Commission aquarium, health screenings and safety ac-

tivities for children. For details, call 372-4050.

Family Support Center — 987-6801

- Monday – Lunch and learn, 11 a.m.-12:30 p.m., a savings plan for all seasons.

- Thursday – Sponsorship, 7:30-8:30 a.m., how to be an outstanding sponsor. Newcomers and first-duty station briefing, 8:30 a.m.-noon, for first-term Airmen, new personnel and senior airmen and below.

Chapel — 987-6014

Regular service times are:

- Catholic Mass, 5 p.m. Saturdays, 9:30 a.m. Sundays and 11:30 a.m. Tuesday-Friday. Catholic Religious Education is 8 a.m.

- Protestant services, 8 a.m. for liturgical and 11 a.m. for traditional. Sunday school is 9:30 a.m.

- Ecumenical Programs Prayer Ministry, noon Mondays. Men's Bible Study is noon Wednesdays.

- Freedom Way Bible study, 6:30 p.m. Thursdays in the

Chapel Annex conference room.

- Tuesday Bible Study, noon in the Chapel Annex. Lunch is provided.

Thomas Comm. Activities Ctr. — 987-6720

- Kindermusik classes start at 10:15 a.m. for ages 4-7 and 11:30 a.m. for ages 3-5 on Thursdays. Cost is \$35 per month.

Recycling — 987-6611

The Recycling Center accepts paper, glass, cardboard, plastics, metal, batteries, household grease and cooking oil 7:30 a.m.-3 p.m. Monday-Friday, in Bldg. 1568, next to DRMO on Lachmund Drive. To schedule a pickup, call 987-6611.

Life Skills — 987-7338

- Stress management (Call 987-7288 for start dates.)
- Individual counseling/therapy
- Psychological testing/evaluations
- Prevention and outreach
- Mental health consultations
- Alcohol and drug abuse prevention and treatment

The need for speed

By Tech Sgt. Arlo Taylor
314th Airlift Wing Public Affairs

Runners are feeling the need for speed.

Those wanting to jump-start their 1.5 mile fitness test times can take a speed class at 7 a.m. Mondays in the fitness center aerobics room.

The class helps runners pick up their pace through exercises specifically designed to increase foot speed and stamina.

"I combine plyometrics (jumping exercises), agility, power, strength and speed exercises to increase athletic ability and, in essence, make individuals lighter on their feet," said Jeffrey Vaughn, Health and Wellness Center exercise physiologist.

The biggest step in the journey toward faster run times isn't the distance, but the mind set that runners can beat the clock and run at peak performance, Mr. Vaughn said.

"The psychological hurdle is the biggest hurdle: making people believe they can run a given distance fast," he said. "Everyone who gives effort improves. (The amount of improvement) depends on the effort put into the workout."

Though most people come specifically to help their fitness run times, the class is a challenging workout for those looking to push their bodies to the limit, Mr. Vaughn said.

The class helps students develop their run-



Photo by Senior Airman Vanessa Valentine
Master Sgt. Christopher Brock, 314th Medical Group, runs against a "saber slave" held by exercise physiologist Jeff Vaughn. The "saber slave" is used to increase power for runners in speed-training class.

ning pace.

"I wasn't doing so well on my run; my biggest problem was sustaining a certain pace," said Stevie Enlow.

"Being six-foot-four and 280 pounds, I'm not a long distance runner."

As a former body builder, power lifter and

semi-pro football player, Enlow rose to the class challenges with athletic abandon.

"It was like an athletic camp with agility drills, he said. "It's a real good workout and it's very cardiovascular. We do everything from football drills to boxing drills. It's a

great class!"

The bottom line is it works.

"This class cuts time from your run," Enlow said. "I cut three minutes off of my time!"

Runners who want to better their times have to push themselves out of their comfort zones, Mr. Vaughn said.

"The average runner needs to push themselves out of their comfort pace once or twice per week," he said. "Do interval training, which is running all out for 30 seconds to one minute and then recovering for about the same time. Then repeat the training several times during a workout."

Mr. Vaughn said a successful running program revolves around four things.

1. Start new training techniques slowly decreasing risk for injury.

2. Cross train with a variety of training modes and classes to avoid repetition and burnout.

3. Eat right. A balanced diet with plenty of fruits, vegetables and protein aid in quick recovery and improved energy, he said.

4. Wear correct shoes. "Three types of shoes are available – stability, cushioning and width – make sure you're wearing the correct shoe for your foot type," Mr. Vaughn said. A shoe list and foot typing is available at the Health and Wellness Center.

QUOTABLE
"I know I'm getting better at golf because I'm hitting fewer spectators."

– Gerald Ford
38th president

SPORTS BRIEFS

Golf course dinners offered

Spaghetti dinners are 4-7 p.m. Mondays and taco bars are 4-7 p.m. Tuesdays at Deer Run Golf Course.

Pool hours change

The end-of-season pool hours, effective Aug. 23, are: 4:30-8 p.m. Tuesday-Friday, noon-6 p.m. (for open swim) and 6-7:30 p.m. (for family swim) Saturday-Sunday. Lap swimming will not be available after the hours change. The pool is closed on Monday.

Air Force Marathon deadline Sept. 2

The deadline to sign up for the Air Force Marathon at Wright-Patterson Air Force Base, Ohio, is Sept. 2. Registration information and entry forms can be obtained by visiting www.usafmarathon.com.

Komen Race for the Cure Oct. 22

The Susan G. Komen Race for the Cure is set for Oct. 22 in downtown Little Rock. The 5K route will begin at the corner of Second Street and Broadway and finish at the corner of Capitol and Gaines Streets. For more information about the race, participating or raising donations, visit www.ar-raceforthecure.org or call 202-4009.